

Lunch & Learn—2021 Schedule

Westside's Family Health Ambassadors Program

Join us for our **Free** Virtual Lunch & Learn Sessions! We will present different topics of interest and answer any questions that you may have during your pregnancy.

Sessions are via Zoom Meeting ID: 924 4290 3129 Passcode: 322914

Topic:	Date/Time	Topic:	Date & Location:
What to Expect When Expecting—Trimester 1	January 20, 2021 Spanish Speakers 1:00pm to 2:00pm	Health & Nutrition w/Cooking Demo	April 21, 2021 Spanish Speakers 1:00pm—2:00pm
	January 21, 2021 English Speakers 1:00pm to 2:00pm		April 22, 2021 English Speakers 1:00pm—2:00pm
What to Expect When Expecting—Trimester 2	February 17, 2021 Spanish Speakers 1:00pm—2:00pm	Being A Mom Doesn't Come with A Manual—Parenting	May 19, 2021 Spanish Speakers 1:00pm—2:00pm
	February 18, 2021 English Speakers 1:00pm—2:00pm		May 20, 2021 English Speakers 1:00pm—2:00pm
What to Expect When Expecting—Trimester 3	March 17, 2021 Spanish Speakers 1:00pm—2:00pm	Introduction to Breast Feeding	June 16, 2021 Spanish Speakers 1:00pm—2:00pm
	March 18, 2021 English Speakers 1:00pm—2:00pm		June 17, 2021 English Speakers 1:00pm-2:00pm

All participants will receive a Free Gift Card!

**Registration is required, to participate call
a Family Health Ambassador:
Call 302-678-4622
Ext. 1529 or 1531**

